



ANNUAL REPORT 2023-24

LITTLE FLOWER INSTITUTE OF SOCIAL SCIENCES AND HEALTH (LISSAH)

Affiliated to University of Calicut
Accredited by NAAC with "A" Grade



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LISSAH, KAITHAPOYIL, KOZHIKODE

ANNUAL REPORT 2023-24

I have immense pleasure to present the report of various activities of LISSAH for the academic year 2021-22. LISSAH is a premier educational institution under the management of CST Fathers and situated on a beautiful eco-friendly campus of 20 acres.

The college was established in 2003 with 13 students and one department. At present we have 625 students with six departments. We have 5 UG and 5 PG courses.

UG COURSE

1. BSc Psychology (Two batches)
2. BSW
3. BSc Computer Science
4. BA English
5. BA Sociology

P. G COURSES

1. MSc Psychology
2. MSW
3. M.Com
4. MAJMC
5. MA English

We have 46 faculty members and 18 non-teaching staff. The new faculty appointed in 2023-24 academic year are:

Department of Psychology:

1. Aswathi N
2. Athira P
3. Reshma R Nair
4. Shilpa V

Department of Social Work

1. Albin Jose
2. Krishna M T

Department of English

1. Alaka Theres Babu
2. Baby Anupama K C
3. Chandana Hari
4. Liya K S

Department of Computer Science

1. Alsha Joseph
2. Bibin Varghese
3. Jesna John

Department of Language

1. Anjumol K K

Department of Sociology

2. Anusree T K
3. Chitra A P

The following teachers were entrusted into various activities.

1. Staff secretary Elizabeth O S
2. Staff advisor.....Mr. Vikas George

LISSAH has made significant strides toward achieving excellence in NAAC accreditation. The Self-Study Report (SSR) was successfully submitted on December 19th, followed by a peer team visit on March 26th and 27th. We are optimistic about receiving a commendable score, thanks to the thorough preparations and dedicated efforts of our staff and students. This milestone reflects our collective commitment to continuous growth and quality education.

This year, LISSAH proudly published the *LISSAH Journal* in July, focusing on the theme "*Forgotten Future: Understanding the Plight of Children in India.*" This publication reflects our institution's commitment to fostering academic discourse on socially relevant topics and contributing meaningfully to societal well-being.

POST GRADUATE DEPARTMENT OF COMMERCE

The PG Department of Commerce is headed by Mr. Vikas George, with 3 other faculty and 26 students. The Department Association is LUCROR Ms. Aiswarya Roy holds the in-charge duty. I am happy to present the achievements and the progress we have made during the last year to improve our academic offerings and students' learning experiences.

ACTIVITIES OF THE ACADEMIC YEAR 2023 – 24

The academic year 2023-2024 began with a strategic overview meeting on 15th May 2023. Faculty members deliberated on the required strategies, processes, capabilities and appropriate performance measures for a better department.

➤ Take Off - Graduation Day

PG Department of Commerce organized the graduation day on 27th June 2023, for the 2021-23 batch students. Dr. Benny Joseph, Principal of LISSAH presided the function, Fr. Niju Thalachira CST, Director of LISSAH inaugurated the meeting. The speech was followed by a certificate distribution ceremony and capping ceremony to the graduates.

➤ Outfit Icon - International Youth Day

The international youth day 2023, was celebrated at LISSAH in association with PG Department of Commerce and Lucror with varieties of competitions like newspaper costume competition on 08-08-2022 for the students of Little Flower Institute of Social Sciences And Health (LISSAH). The

mission of celebrating international youth day is the sustainable development of youth across the world. The program has got an overwhelming response from students.

➤ **RECETA – World Food Day**

PG Department of Commerce, in association with IQAC and ED Club conducted a spectacular fireless food making competition naming RECETA on 20th October 2023 at college auditorium.

➤ **Association Inauguration**

LUCROR – The Commerce Students Association is the backbone of the commerce department. It functions with the aim of the overall development of commerce students. The association introduces, develops and executes various students' development activities. The official inauguration of LUCROR for the academic year 2023-24 was held on 15-11-2023.

After the official inauguration ceremony the chief guest, Dr. Nithin Jose took a session on 'Financial Literacy, A Millennia's Guide to Personal Finance' and explained how we should use our cash in a profitable way. His session was imparting new knowledge to everyone.

In the afternoon session there was a paper presentation by the students. Mr. Amal PS, second year student done a presentation on the topic "Digital Currency" and Ms. Apoorva's presentation was on "Corporate Social Responsibility".

➤ **Industrial Visit**

On 14th December 2023, 10 students of M com 2023-25 batch along with a faculty Ms. Akshara K Babu , visited Mysore silk weaving factory. The students were amazed to see the real time process of theory put into practice, which gave them much more clarity in the concept. The students were introduced to the dyeing unit, where they were exposed to the colour dyeing and drying process.

➤ **Protection of Intellectual Property – Scope And Strategy**

The PG Department of Commerce of LISSAH in association with IQAC & IEDC was conducted a webinar on Protection of Intellectual Property – Scope and Strategy for the M.Com students on 19.01.2024(Friday).

➤ **Research: The Right Perspective**

The PG Department of Commerce of LISSAH in association with IQAC & IEDC conducted a seminar on "Research: The Right Perspective" on 02.02.2024(Friday). The session was handled by Mr. Vishnu Prasad T (M.Com, MBA, JRF) Ph.D. Scholar – Research center Govt. College Kodanchery. The purpose of the seminar was to give awareness to PG students about their academic research. The session was highly motivating and inspired the students to do the research work.

➤ **Entrepreneurship Awareness Program**

Entrepreneurship Development Club of LISSAH College, successfully organized Entrepreneurship Awareness program on 23rd January 2024. The programme was organised by ED Club in association with PG Department of Commerce, Innovation and Entrepreneurship and Development center (IEDC) and IQAC. The programme was organized for ED Club members to create awareness on Entrepreneurship. Resource persons of the day Mr.Nidheessh Kumar, Faculty Canara bank, Rural Self Employment Training Institute, Calicut.

The resource person highlighted and discussed approaches towards marketing strategies, entrepreneurial skills, business ideas and the common problems faced by entrepreneurs. He

motivated and encouraged the students to seek out ways to learn, develop analytical and problem-solving skills and be technically enabled to be a successful entrepreneur.

➤ **Seminar on Digital Marketing**

The PG Department of Commerce of LISSAH in association with IQAC & IPCS Global conducted a seminar on Digital Marketing on 14.03.2024. The Resource Person was Mr. Zayed Muhammad, Digital Marketing Trainer, IPCS Global, highlighted the job prospects as a digital marketer to the students.

➤ **NET/JRF Orientation Session**

The PG Department of Commerce of LISSAH in association with IQAC & Altus Institution of Higher Education conducted an orientation session on NET/JRF for the M.com students on 19.03.2024. The Resource Person was Ms. Anjali TT. About 25 students attended the orientation class. The objectives of the Programme are to provide appropriate information on NET/JRF and to ensure awareness about the different aspects of NET and JRF.

DEPARTMENT OF COMPUTER SCIENCE

The Department of Computer Science is headed by Mr. Sumesh Babu T P, with 4 other faculty and 60 students. Ms. Neethu Prakash holds the department association in-charge duty. In the academic year 2023 – 2024, the Department of Computer Science is arranged various programs for the overall development of students in both academic and non-academic activities.

ACTIVITIES OF THE ACADEMIC YEAR 2023 – 24

➤ **Securing Your Future: Exploring Career Opportunities in Cyber Security**

The Department of Computer Science, LISSAH College organized a Career Orientation Program in collaboration with “**RedTeam Hacker Academy Pvt. Ltd**” on 27th June 2023 from 2:30 pm onwards.

Ajmal Favas, the director of marketing at RedTeam Hacker Academy, delivered a presentation that underscored the importance of implementing preventative measures and provided a comprehensive overview of the importance of cyber security in the contemporary digital ecosystem. Mr. Abhirath and Mr. Anurag, both of whom are Marketing Executives at the RedTeam Hacker Academy, provided a brief overview of a few real-world case studies to demonstrate the repercussions of cyber risks and the necessity of implementing preventative measures. At the Red Team Academy, Ithisham, a seasoned Trainer, conducted practical demonstrations that illustrated common cyber threats and the strategies that could be employed to mitigate them.

➤ **Inter College Quiz Competition 2023**

The Quiz competition held on 2/08/2023 at 10.30 am. Over 15 teams from various colleges took part in the competition were based on WWW Day. First price was bagged by Savand Shyam and Tarun C Issac from IHRD calicut they were awarded with prize money of Rs.4000 and Second price bagged by Amal Hasin and Mohammed Ameen KM from Feroke College they were awarded with prize money.

➤ **Orientation on an Introduction to Artificial Intelligence for Beginners**

The orientation on “An introduction to artificial intelligence for beginners” held on October 16, 2023, from 1:30 pm onwards. The session aimed to provide students with a comprehensive

understanding of AI and its applications. The resource person, Dr. Jaleel, a principal scientist, delivered a presentation covering the basic concepts of AI and the various opportunities within this field.

One Day - Cyber Awareness Summit

On October 28, 2023, the Government Cyberpark Sahya building, Kozhikode hosted a one-day summit to mark National Cybersecurity Awareness Month. Organized by Cyberdome Kozhikode, the Kozhikode City Police, and eHackify as the event program partner, the summit aimed to improve cyber security skills. Twelve students from the entire Computer Science department were selected to attend. The session discussed threat prevention methods and social engineering techniques, while experts shared insights on cybercrimes and future trends. A highlight of the event was a Capture the Flag (CTF) competition exclusively for college students. A team from LISSAH College secured the third position among all participating college teams.

➤ **Memorandum of Understanding (MoU) with ULRC**

The Department of Computer science, and **UL Research Centre**, Quick Space, U L Cyber Park, Kozhikode signed a Memorandum of Understanding (MoU) on 31.07.2023. This MoU intends to promote cooperation in educational, development studies and Career opportunities for the Departments of Computer Science and strengthen the integral development of students.

➤ **Seminar on Synergy in Big Data and Data Analytics**

The Department of Computer Science, LISSAH, in collaboration with the Department of Computer Applications, Mar Dionysius College, organized a seminar on "Synergy in Big Data and Data Analytics" on 16th January 2024. Dr. Manjusha K.K., Assistant Professor, Department of Computer Applications, Mar Dionysius College, Pazhanji, Thrissur, served as the resource person. She emphasized the growing relevance of Big Data and Data Analytics in today's world and discussed key data analysis technologies and their impact on handling large datasets. The seminar was well-received and provided valuable knowledge to the attendees.

➤ **Seminar on Data Science**

The Department of Computer Science, LISSAH College, Kaithapoyil, in collaboration with IPCS GLOBAL Calicut, conducted a seminar on Data Science on 18th January 2024. The session, organized for third-year computer science students, featured Ms. Thasleema, IT Engineer at IPCS GLOBAL Calicut, as the resource person. She emphasized the importance of Data Science and its growing relevance in the technology landscape. The seminar provided valuable insights, enriching the students' understanding of the field.

➤ **Inter-College IT Fest – “TechVortex”**

The Inter-College IT Fest, “TechVortex,” was held on 5th February 2024, hosted by the Little Flower Institute of Social Sciences and Health (LISSAH). The event was inaugurated by Fr. Niju Thalachira CST and brought together 150 undergraduate students from various institutions to celebrate innovation and foster collaboration in Information Technology. The fest featured a range of competitions, including photography, poster making, investigation, web designing, debugging, E-football, and blind typing, providing participants with an opportunity to showcase their skills and creativity.

➤ **Workshop on Big Data Analysis and AI Tools**

A workshop on Big Data Analysis and Generative AI Tools was held on 8th February 2024. Led by Mr. Manoj Cyriac, the session offered an interactive experience with data analysis tools, focusing

on PowerBI and ChatGPT. Participants engaged in hands-on activities, learning to code with ChatGPT and run it on Google Colab. The workshop also explored innovative methods for integrating ChatGPT-generated content into PowerBI, enhancing data visualization and analysis. The session provided valuable practical insights into the use of AI tools in real-world scenarios.

➤ **Career Orientation Program: "Futuristic Career in IT"**

On 6th March 2024, a Career Orientation Program titled "*Futuristic Career in IT*" was conducted for students. Mr. Jithin Parveen from TCS led an insightful seminar, sharing his personal career journey, the challenges faced in job acquisition, and strategies for excelling in interviews. He also introduced emerging career avenues in the IT sector and highlighted new portals and resources to guide aspiring professionals. The session provided valuable insights, empowering students to better navigate their future career paths in the evolving IT landscape.

POST GRADUATE DEPARTMENT OF ENGLISH

Language is the bridge that connects us, and this report showcases the remarkable journey our students and teachers have taken together along with Mr. Balasubrahmanyan K K, Head of the Department of English.

ACTIVITIES OF THE ACADEMIC YEAR 2023 – 24

➤ **Quiz and Recitation Competition**

Celebrating 158 Years of W B Yeats: A Legacy in Verse, a department level quiz competition conducted by PG Department of English in association with SEA and IQAC on 16th June 2023 was a tribute to the great author.

Further, Byzantium Tunes, recitation competition extended an invitation to the performance of students in the inter-department level.

The programs were coordinated by Ms. Alaka Theres Babu and a total of 30 students took part. The winners received cash prize.

➤ **Intercollegiate Essay Competition**

Department of English in association with SEA conducted Cry for Freedom, an intercollegiate essay writing competition on 17th August 2023. Mr. Subin Varghese coordinated the program and 24 students participated. It explored the theme "Freedom of Expression in the Digital Age: Challenges and Opportunities".

➤ **Department Level Drama Competition**

Department of English in association with SEA and IQAC organized a drama competition titled **Curtain Call** for the under graduate students of the department on 19th October 2023. Ms. Elizabeth O S coordinated the program. It provided a platform for the students to showcase their aptitude and skills for drama and theatre performance.

➤ **SEA (Students of English Association) Inauguration and Seminar**

On 3rd November 2023 SEA was inaugurated by Ms. Bindu Amat, retd. HoD, English, Providence Women's College, Calicut. The newly elected executive members took the pledge and charge. Through music, movement and author-inspired costumes, students celebrated the day's theme.

Thereafter, PG Department of English in association with SEA arranged a seminar titled **Paz Y Progreso (War v/s Humanity)** to reflect on the then burning issue, Palestine-Ukraine conflicts, and an era of post-humanism. Ms. Bindu Amat was the resource person. Ms. Elizabeth O S coordinated the program and Mr. Muhammad Abdurahman gave vote of thanks. 70 students participated in the program.

➤ **Intercollegiate Table Talk Competition**

An intercollegiate table talk competition was conducted on 7th November 2023 with a vision to make the youth to think and talk about "Why should you choose to live in Kerala anymore?" in the current scenario of surge in migration. PG Department of English, SEA and IQAC jointly organized and 6 teams from various colleges participated. Ms. Liya K S was the teacher coordinator of the program.

POST GRADUATE DEPARTMENT OF JOURNALISM AND MASS COMMUNICATION

ACTIVITIES OF THE ACADEMIC YEAR 2023 – 24

➤ **FOURTH ESTATE Association Inauguration**

The department of Journalism organized their FOURTH ESTATE association inauguration on 6th December 2023. The program named as VOICE 'raising voice unveiling realities'. Ms shabitha, sub editor Mathrubhumi the honourable chief guest inaugurated the Association who delivered inspirational address emphasizing the significance of the gathering and the importance of fostering a vibrant journalism community.

➤ **Exhibition of Media Equipments**

Following the association inaugural function chief guest inaugurated the exhibition of media equipment's that arranged in library lobby. The exhibition show cased the earliest and latest cameras, radios, tape recorders, type writers, film roll and variety of video recording and shooting equipment's. Participants had hand on experience with the equipment and the students of journalism department introduced each device to the audience.

➤ **VOICE, 'raising voice unveiling realities'**

The journalism department at LISSAH College hosted an event called VOICE, 'raising voice unveiling realities'. A wide range of competitions was held and several students participated in this event. The event featured a diverse array of competitions, including live news reporting, product photography, and short video production, attracting participation from numerous students.

➤ **Documentary Film Festival**

In a celebration of creativity and storytelling, the second-year students of Lissah College's Mass Communication and Journalism (MAJMC) department recently organized a captivating documentary film festival. The event showcased a diverse array of narratives, shedding light on various societal issues and personal experiences. Claiming the prestigious first prize was Sr. Amala George, whose compelling documentary titled "Adhijeevanathinte Kadha" delved into the profound impact of the endosulfan tragedy. Securing the second prize was Akshaya, whose documentary captivated audiences with its unique perspective and storytelling prowess. Meanwhile, the third prize

was shared by Akshay and Aslam, whose collaborative effort resonated with the judges and attendees alike.

Seminar on IPR

Department of Mass communication and Journalism, MAMO College, in association with Department of Mass communication and Journalism, LISSAH College. organized seminar on 'Intellectual Property Right' on 22 March 2024. The main aim of the seminar was to talk about the importance of intellectual property, which includes things like inventions, artistic works, designs, and more. This collaboration between LISSAH College and MAMO College Mukkam showed the significance of working together to educate students and professionals about intellectual property rights. It highlighted the need for responsible practices in media and communication fields.

DEPARTMENT OF SOCIOLOGY

Despite being a new department, we have maximized our efforts within our limitations. This report details the department's activities, all designed to foster both the personal and academic development of our students while shaping their societal perspectives.

ACTIVITIES OF THE ACADEMIC YEAR 2023 – 24

➤ Webinar on Proud Pride: Queer Voices Amplified

The Department of Sociology Association, SIASGROS, proudly hosted "Proud Pride: Queer Voices Amplified," an online program on Google Meet on July 4th, 2023, from 7 PM to 8 PM. More than 30 students enthusiastically participated in this event held in celebration of Pride Month (June). The guest speaker was Aanandh, a transgender man from Kochi, Kerala. A prominent figure in the LGBTQ+ community, Aanandh is a member of the Kerala transgender justice board, a SOGIESC consultant and resource person, and a peer counselor for LGBTIQ+ individuals. He has also been recognized as one of the most influential Dalit individuals in India by Outlook magazine (2021) and received the Kerala State Transgender Excellence Award for Education (2022). Aanandh's insightful talk proved highly fruitful for the student audience. The interactive session offered them valuable knowledge and understanding of the lives, situations, conditions, struggles, and challenges faced by the queer community.

➤ Population Day Programmes

On 11th July 2023, the Department of Sociology Association, SIASGROS, held an offline Population Day program from 9:30 am to 10:30 pm. Sixteen students participated, raising awareness about population issues and solutions. Activities included a poster-making competition, discussions on population challenges, policies, and a video capturing opinions from teachers, students, and the public on how population growth impacts social, economic, and environmental aspects of life. The event effectively highlighted the significance of Population Day.

➤ Seminar on "Critical Thinking and Sociology"

The Department of Sociology at LISSAH College hosted a seminar titled "*Critical Thinking and Sociology*" featuring a keynote address by Dr. Ahammadu Zirajuddeen, UNESCO Chair for

Indigenous Cultural Heritage and Sustainable Development. Dr. Zirajuddeen inaugurated the session, emphasizing the role of critical thinking in sociology. The event also marked the launch of the "Say No to War Campaign," with Principal Dr. Benny Joseph lighting a lamp symbolizing world peace. Participants took an oath against war, supporting the cause. The seminar concluded with vibrant student cultural performances, adding a lively end to the event.

➤ **RENDEZVOUS – RURAL COMMUNITY ENGAGEMENT PROGRAMME**

The Sociology Department of LISSAH College in collaboration with WINGS organized a rural community engagement program from November 10th to 13th, 2023 at Attapadi. A group of 19 students from the First Year B.A. Sociology program participated in the campaign, aptly named "Rendezvous." Rural camps can inspire participants to become more socially conscious and engaged in addressing social issues.

➤ **Socio – Write**

The Sociology Department of Lissah College, Kaithapoyil, held *SOCIO-WRITE*, a Writing Workshop for Aspiring Authors, on November 29th and 30th. Led by Mr. Vishu V.J., a Research Assistant from the Centre for Diaspora Studies at the University of Kerala, the workshop covered research writing essentials. Participants learned about topic selection, data collection, and research interpretation. The event concluded with a doubt-clearing session and a vote of thanks by Ms. Chitra, leaving attendees enriched and inspired.

➤ **Green Walk**

The Sociology Department of Lissah College Kaithapoyil, in collaboration with Puthupady Grama Panchayath and Haritha Karma Sena, conducted a GreenWalk initiative on December 8th. Led by HOD Ms. Chitra, ten students attended a preparatory training session on December 7th at the Panchayath office. The GreenWalk campaign, inaugurated by the Panchayat president, involved students in three-member groups visiting houses to promote environmental awareness. They explained the campaign's goals, applied QR codes, and entered data into the Haritha Mithram mobile app. Through this initiative, students gained teamwork and leadership skills and a greater appreciation of Haritha Karma Sena's mission.

➤ **Webinar on Intellectual Property Right (IPR)**

On January 29th, 2024, LISSAH College's Department of Sociology hosted an insightful webinar on Intellectual Property Rights (IPR), attracting 40 enthusiastic students. Mr. Hashim M. Kabeer, Assistant Professor of Law at Kerala University, led the session, skillfully unpacking various types of IPR and their complexities. His engaging presentation kept participants captivated, offering both theoretical knowledge and practical applications. Students gained a clear understanding of how IPR safeguards creations and innovations across fields like literature, inventions, trademarks, and geographical indications, enriching their perspective on this essential legal domain.

➤ **Seminar on Tribal Communities Life, Culture and Challenges**

LISSAH College's Sociology Department held an enlightening session on "Tribal Communities: Life, Culture, and Challenges," led by Sri K.R. Pradeesh, an activist for tribal upliftment. He discussed unique traditions like "Thulam Pathu," marking the agricultural season's start, and addressed issues faced by tribes, including human-animal conflicts in Wayanad. Students explored tribal languages and their ties to occupations, as well as the impact of development policies on tribal life. The session offered valuable insights into the rich culture and challenges of tribal communities.

POST GRADUATE DEPARTMENT OF PSYCHOLOGY

ACTIVITIES OF THE ACADEMIC YEAR 2023 – 24

➤ "Swanthwanam" LISSAH School Clinic

The Psychology Department of LISSAH launched "Swanthwanam," a school clinic project focused on promoting mental health among students. Conducted by second-year MSc Psychology students under faculty supervision, this initiative offered counseling services to address issues such as learning disabilities, temperamental challenges, concentration difficulties, and mobile addiction. The program was implemented across seven schools in Kodanchery and Puthuppady panchayats. Additionally, orientation sessions were organized to enhance PG students' counseling skills. By involving parents and teachers, Swanthwanam created a supportive network, fostering a better quality of life and learning environment for young students.

➤ Workshop on Counselling craftsmanship- Nurturing counselling skills

The Department of Psychology conducted a workshop on Counselling craftsmanship Nurturing counselling skills in association with PALS and Counseling Cell. The program was conducted on 04/08/2023 for Psychology under graduate and post graduate students. The chief guest of the program was Mr Jaseed P Beeran, Consultant Psychologist and Director, Aifer Education, Kozhikode. The session majorly focused on Counselling Skills and Case discussions.

➤ Workshop on Test Construction

A one-day workshop on "Test Construction" was held on August 5, 2023 for PG Students of the department. The workshop was facilitated by Dr. Justin K. James, Assistant Professor, Sri. C. Achutha Menon Government College, Thrissur, a distinguished expert in educational assessment and measurement. The aim of the workshop was to equip students with the knowledge and skills necessary to construct effective and reliable tests and providing participants with practical knowledge and hands-on experience.

➤ One Day Suicide Prevention Training Workshop

The theme of WSPD 2023, 'Creating Hope Through Action', reflects the need for collective action to address this urgent public health issue. On this occasion, two postgraduate students from the Department of Psychology, LISSAH, Kaithapoyil, were selected to attend a 'One Day Suicide Prevention Training Workshop' organized by the Listening Community and Team Incubation on 10th October 2023 at I Home, Kozhikode. The session was headed by Dr. Abdul Gafoor, Founder and Clinical Psychologist, Listening Community. It was followed by a suicide awareness programme named I Walk for mental health 2.0.

➤ World Mental Health Day Observance

Department of Psychology in association with PALS and Counselling Cell Conducted A session on case discussion, case history case management on 9th October 2023 as part of World Mental Health Day Observance. The session was handled by Fr.Jojo Mathew(MSc, M Phil, CP) Director-Ayurveda and homeopathy, Consultant clinical Psychologist Mar Sleeva Medicity Palai. The session was for the final year PG Students and it dealt with Childhood disorders and management and also an extensive case discussion was held.

➤ Psychex '23

GMHC Kozhikode conducted "ESPERANZA- Hope for Suffering Minds" an awareness campaign on mental health through Big Canvas Painting & Exhibition on October 9th and 10th, 2023 as part of

World Mental Health Day. Post Graduate Department of Psychology, LISSAH College organized a psychology exhibition 'PSYCHEX '23' as part of 'ESPERANZA- Hope for suffering Minds. The exhibition went for two days and had a number of students and teachers participating from 8 educational institutions as well as from general public. The major objective of the event was to spread awareness about different psychological concepts among the general public and to promote mental health.

➤ **From Theories to Thrills- Exploring the Psychology Beyond the Classroom**

The Department of psychology organized a workshop on 'From theories to thrills- Exploring the psychology beyond the classroom on 17/10/2023 for final year undergraduate students. The chief guest of the program was. Mr Ashfaq Jafar K P, Psychologist and PhD Scholar in Cognitive Psychology, NIT Kurukshetra. The session started with an ice breaking session and followed by description of different applications in different areas of psychology.

➤ **Exploring the World of Research**

The Department of Psychology in association with PALS conducted a Workshop on Research Methodology on 15th November 2023. The session was handled by Sayed Ibrahim Mubasheer S M, PhD Scholar, Jamia Milia Islamia, New Delhi. The session provided all the basic steps for research and concluded with a group activity aimed to demystify the research process and encouraged participants to engage in scholarly activities.

➤ **Workshop on Cognitive behavioural therapy**

The Department of psychology, LISSAH, Kaithapoyil, organized a workshop on Cognitive Behavioural therapy on 18/11/2023 for post graduate students. The chief guest of the program was Mr Bright P Jacob, Psychologist.

➤ **SMILE project**

LISSAH Counselling Cell conducted two day school counselling program, 'SMILE' at Little Flower School, Sreekandapuram, Kannur on 23rd and 24th of November 2023. The school counselling session was conducted by MSc Psychology students under the supervision of faculties. This was a highly informative and engaging two-day event. The first day comprised of three sessions that focused on adolescent development, personality development, and effective study habits respectively. And on second day, all the Post graduate students involved in counseling sessions. Needy students were allotted for counseling and serious cases were referred to the hospital settings.

➤ **PALS Inauguration**

On November 30, 2023, the Psychology Association of LISSAH Students (PALS) was inaugurated in the 8 Auditorium, with Mr. Mohammed Junaid A., Assistant Professor and Head of the Department of Psychology at Mankada Govt College, Malappuram, as the chief guest. Following the formal inauguration, Mr. Junaid delivered an insightful talk on "The Latent Content in Media Narratives," exploring how hidden messages within media shape public perception and influence behavior. His engaging analysis encouraged students to critically examine media messages, providing a deeper understanding of media's psychological impact on society. The event was both informative and thought-provoking.

➤ **National Disability Day Observation**

On December 3, 2023, in observance of International Disability Day, the Department of Psychology at LISSAH and PALS collaborated with Asha Nikethan for an impactful extension activity. Fifteen postgraduate students and faculty participated, beginning with a Walkathon from Asha Nikethan

Disability Center to Nandi Bazar. First-year MSc Psychology students performed a flash mob to raise awareness and express solidarity with individuals with disabilities. Additionally, MSc students organized interactive programs and games for Asha Nikethan students, fostering inclusivity and spreading joy. This event highlighted LISSAH's commitment to supporting and empowering the differently abled in the community.

➤ **Institutional visit**

Industrial Visit is one of the most realistic methods of teaching, which gives first-hand experience to the participants about the working of different domains in Psychology.

Second year BSc Psychology students went for an industrial visit to Pope Paul Mercy Home, Ambalappuram and Sanjo Sadan, Ayurvedic Integrated Rehabilitation Centre for Adults, Anandapuram on 8th December 2023.

➤ **Workshop on Relaxation Techniques**

The Psychology Department at LISSAH organized a Workshop on Relaxation Techniques, led by Fr. Johnson CST, Head of the Psychology Department at K.E. College, Mannanam. This workshop aimed to educate students on effective methods for stress management and overall well-being. Fr. Johnson guided participants through practical demonstrations, providing hands-on experience with various relaxation techniques. Students gained valuable insights into managing stress and enhancing mental health, making the session both informative and beneficial for personal wellness practices.

Conclusion

This year has been marked by numerous events and successes, all of which have been made possible through the dedication and commitment of our Management, teaching and non-teaching staff, and students. While we take pride in these achievements, we understand that resting on our laurels is not an option. Our mission is to continue striving for excellence, no matter how many milestones we reach. This spirit of lifelong progress is deeply embedded in the core values of our college.

I would be remiss if I did not express my heartfelt gratitude to all those who have supported me in ensuring the smooth operation of the college throughout the academic year.

Firstly, I extend my sincere thanks to Rev. Fr. Jose Melettukochiyil CST, the Founder Director of LISSAH. I am also deeply grateful for the support of our Director, Fr. Niju Thalachira CST, our Vice-Principal, Fr. Sebin, and the Heads of Departments. My thanks go to the teaching and non-teaching staff for their invaluable contributions.

I appreciate the encouragement provided by the members of the management and my colleagues from all departments for their wholehearted support. A special thank you to the non-teaching staff, whose efforts have been instrumental in the college's operations.

I also thank all our students, their parents, alumni, well-wishers, and our collaborators, including the SRA, DM, Philippineri Sisters, fieldwork agencies, and panchayat officials, for their continued patronage.

I kindly request your continued support as we move forward, and I wish everyone a fulfilling and prosperous time ahead.

Thank you all.